

**Monday, October 4 from 11 a.m. to 12:30 p.m. and 1 p.m. to 2:30 p.m.**

**Armchair Massage**

Kelly Warmingham of Deep Muscle Massage will be at the center as she gives **free** armchair massages to any interested members. Please sign up on the bulletin board if you are interested in receiving a massage.

**Friday, October 15 at 9 a.m.**

**New Pilates Class**

Judy Mehs will be teaching a Pilates exercise course starting on Friday, October 15. This is an eight-week session and classes will take place every Friday at 9 a.m. The cost of each class is \$4.

**Tuesday, October 12 at 9:30 a.m.**

**Univera Insurance Representative To Answer Questions**

Univera Health comes to the Center the second Tuesday of every month to answer any questions any member may have concerning their health care. The atmosphere is casual – just stop in should you have any questions.

**Wednesday, October 13 at 5 p.m.**

**Second Annual Oktoberfest**

Wednesday, October 13 is our second Oktoberfest with entertainment by The Auslanders, a traditional German band. Attendees will eat a traditional German meal served family style at 5:30 p.m. The doors will open at 5 p.m. The cost for the evening is \$14.50. *It is imperative that if you plan on attending the evening, you sign up no later than Wednesday, October 6.*

**Monday, October 18 at 1:30 p.m.**

**Encompass 65 Insurance Representative To Answer Questions**

A representative from Encompass 65 will be at the center to answer any questions any member may have concerning their health care.

**Thursday, October 14 at 10 a.m.**

**How to Survive Your Retirement**

Today Michael Buettner from Raymond James Financial Services, Inc. will be here to give a presentation on how to avoid costly mistakes.

Topics to be discussed include:

Ways to protect your assets from catastrophic illness and nursing homes; ways to replace lost income; ways federal and gift estate taxes affect you; ways to avoid probate; ways to invest in today's economic times; ways to legally lower your tax on Social Security income, and much, much more.

This is a free presentation, *but please sign up in the office by October 7 if you are interested in attending.*

**Wednesday, October 20 at 6:30 p.m.**

**Movie Night: *Laws of Attraction***

Tonight the movie *Laws of Attraction* will be shown. Members are invited to come and eat brownies during the movie, which cost \$1. *If you plan on watching the movie, you must sign up in the office no later than Monday, October 18.* The free encore presentation will be Friday, October 22 at 1:15.

**Thursday, October 28 at 1:30 p.m.**

**Halloween Pumpkin Carving Contest**

Today seniors are invited to carve their Halloween pumpkins. The cost is \$3/person. We will serve donuts, ciders and apples. *If you are interested in carving a pumpkin you must sign up in the office no later than Wednesday, October 20.*

**October 29 at 11:30 a.m.**

**Halloween Luncheon**

Clarence Senior Center members are invited to come to the annual Halloween Luncheon. Magician Ted Burzynski will perform his magic show at 11:30. And for the second year in a row, we will have a **costume contest** with a celebrity judge choosing the best costumes, so please dress up and have fun! *If you plan on attending this luncheon, please sign up on the nutrition board by Wednesday, October 20.*